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CELEBRITY NEW YEAR'S RESOLUTIONS

{page 20}



metro



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NEW YORK

Wednesday, January 2, 2013



- Higher subway fares, smaller sodas, innumerable mayoral candidates
- Metro looks at what the new year has in store for New Yorkers {page 02}

advertisement



Waking up to the future of water sports

► Metro previews the 2013 Progressive Insurance New York Boat Show {pages 06-13}

sports

Jets search for new leadership

► Metro breaks down general manager candidates for Gang Green {page 26}



LILIAN SARFATI, MD '12
Family Medicine Resident

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INTERCONTINENTAL
NEW YORK TIMES SQUARE
SATURDAY, JANUARY 5, 2013 • 2 PM

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1

In the news

'Cannibal cop' talked fetish with at least 20

New court documents in the "cannibal cop" case purport that NYPD officer Gilberto Valle, who is being charged with plotting to kidnap, roast and eat multiple women, engaged in e-mail conversations about his fetish with at least 20 people, the Daily News reported. Federal prosecutors list many of those as co-conspirators. Valle's defense attorney Julia Gatto insists her client and the others "were engaging in fantasy role play with no intention of acting on their fantasies." **METRO/DT**

In the news

**First subway death of 2013**

The first subway death of 2013 occurred around 5:10 a.m. on New Year's Day, according to the NYPD. A white female in her 20s was found lying in the northbound track bed of the 2 train at Penn Station. EMS responders pronounced her dead on the scene. An investigation is pending, but no arrests have been made. **METRO/DT**



13 FOR 2013:

WHAT THE NEW YEAR HOLDS IN STORE FOR NEW YORKERS



The year ahead

1 New mayor takes charge: Brace yourselves for the shock of a new mayor for the first time in 10 years, and a mayoral race that is sure to be, if not action-packed, candidate-packed. The list of contenders continues to grow, with Sal Albanese throwing his hat in the already crowded ring with City Council Speaker Christine Quinn, Public Advocate Bill de Blasio, former comptroller Bill Thompson, and City Comptroller John Liu. We're still waiting on confirmation from Joe Lhota, who stepped down as MTA chairman, and supermarket mogul John Catsimatidis, who told the NY Times he'll decide on his run in February.

2 New Yorkers displaced by Sandy may return home: Many Lower Manhattan residents are still shut out of their powerless buildings months after Hurricane Sandy. Residents at one building, 2 Gold Street,

New Year's Resolutions Made Easy

► Mayor Bloomberg is going to help you out with that "eat healthy" resolution: come March, no more giant sodas.

► The MTA is also lending a motivational hand to those ambitious exercise hopefuls, as the fare hike kicks the cost of a subway ride up in March — some financial motivation to exercise more (by walking or biking).

were given a return date of March 1.

3 Big gulps no more: Mayor Bloomberg's controversial large-soda ban will take effect on March 12.

4 MTA fare hike: The next MTA fare hike will also hit New Yorkers in March, bumping the base fare up from \$2.25 to \$2.50, and a monthly unlimited from \$104 to \$112.

5 Cell-phone calls from the subway: Transit Wireless will expand its pilot program to 30

subway stations in the first quarter of the new year, targeting heavily used stations like Times Square, Columbus Circle and Rockefeller Center.

6 Bike share hits the streets: The Department of Transportation has promised the Citi Bike program will launch in May, providing 5,500 bikes at nearly 300 locations across Manhattan and Brooklyn.

7 Knicks aim for championship: Chances seem good for Knicks as a serious contender for this season's title — if their performance thus far is any indication, Madison Square Garden could be rocking in June.

8 Baseball's best gather for All-Star Game: The Mets are hosting this year's MLB All-Star Game for the first time since 1964, in their new home at Citi Field in mid-July.

9 NY Marathon's back in action: Many of the disappointed would-be runners from last

year's cancelled marathon may take the New York Road Runners up on their offer of a guaranteed spot to take place on Nov. 3.

10 Field of one in comptroller race: Chances seem high that Manhattan Borough President Scott Stringer will win the election for city comptroller if he continues to run a decidedly successful race against no one.

11 NYC becomes No. 1 tech capital: The city's growing tech sector will continue to do just that in 2013. The new Cornell University and Technion technology school on Roosevelt Island is the latest in a series of initiatives started by the city with a desire of "increas[ing] the probability that the next high growth company — a Google, Amazon or Facebook — will emerge in New York City and not in Shanghai, Mumbai or Sao Paulo."

12 Possible subway barriers (but probably not): 2012 set a record high over the past five years for fatal subway accidents. While the MTA has insisted that the possibility of installing "platform edge barriers" would be prohibitively expensive, the authority recently said, "in light of recent tragic events, [they] will consider the options for testing such equipment on a limited basis."

13 Bloomberg looks to holster NRA: While Mayor Bloomberg is set to leave the political stage, it is doubtful he will pass his baton as one of the most outspoken proponents of gun control in the country. In addition, Council Speaker and current mayoral hopeful Christine Quinn has publicly called NRA leader Wayne LaPierre's call for armed guards in schools "asinine," according to Capital New York.



Danielle Tcholakian
danielle.tcholakian@metro.nyc

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Want to avoid knee surgery?

Our program could be the solution you are looking for.

Do your knees hurt when going up or down the stairs?

Do you frequently take medication for knee pain?

Have you tried physical therapy?

Do the activities you enjoy cause pain in your knees?

Have you had cortisone or other injections to the knee that have not worked?

Do your knees make you feel older than you really are?

Are you afraid that your knee pain is only going to get worse?

If you answered YES to any of these questions, keep reading...

Why do knee injections often fail? What's different about our procedure?

Most doctors today do one of three things:

- 1) They perform "blind injections" (an injection done without imaging guidance).
- 2) They use antiquated equipment from as far back as 2001, even in some of the largest hospitals in New York.
- 3) They use Cortisone, which can have side effects.

Precision is the difference.

FACT: 30-40% of blind injections result in needle misplacement.

^[1]With this much inaccuracy, **it's no wonder most people never find relief.**



Our solution... Our office uses Hyalgan®

What exactly is injected into the knee?

Hyaluronic acid (Hyalgan®) is a natural substance extracted from rooster combs and purified to mimic the lubricating substances that occur naturally in the joint, called synovial fluid. In patients with osteoarthritis, synovial fluid "dries up", allowing the cartilage of the joint to rub against itself and other surfaces. This causes pain, inflammation, and usually damage to the joint. Think of this treatment like oiling a rigid, squeaky door hinge.

When will I feel results?

Most feel an immediate reduction in pain and can return to normal activities in weeks.

Will my insurance cover this treatment?

Yes, most insurances will cover this treatment*. We work with Medicare: GHI PPO



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Unfortunately, we do not participate with Medicaid, Workers Comp, no-fault insurance, Emblem PPO, HIP, EPO or HMO plans.

* Coinsurance and deductible apply.

[1] Reference - Epidural steroid injections procedures. Medscape reference retrieved July 26th 2011. [2] Results may vary. Prior results cannot guarantee future outcomes. Copyright © 2012 NY Wellness Solutions, Inc.

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To view videos about our procedures visit:
Kneesofny.com

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130 William St., Ste. 903, btw Fulton & John St. - NYC 10038

Couple arrested, found with explosive materials

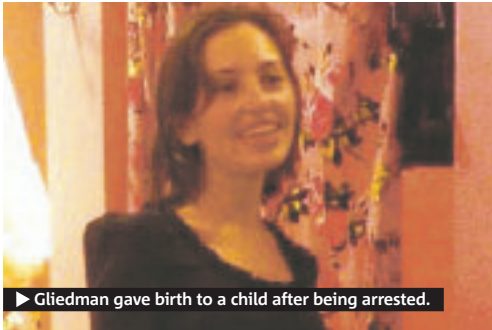
► Tip given to NYPD after visitor shown bomb-making chemical
► Two shotguns, 'Terrorist Encyclopedia' also taken from home

A Greenwich Village couple was arrested Dec. 29 when police found bomb-making materials in their home on West 9th Street, prompting the evacuation of some nearby buildings.

According to the NYPD, someone who visited Morgan Gliedman, 27, and Aaron Greene, 31, about two weeks ago called the Crimestoppers hotline after being shown some of the materials.

The police obtained a warrant based on that tip, and discovered "a white powdery substance" in a plastic container in the living room, according to a complaint provided by the District Attorney's office.

The complaint explains that the NYPD Bomb Squad identified the substance as hexamethylene triperoxide diamine



► Gliedman gave birth to a child after being arrested.

Who are the bomb-makers?

Gliedman and Greene have been described as well-to-do and well-educated, as well as "admitted heroin addicts" by NYPD Commissioner Paul Browne, according to The

New York Times.

The police said they had not found evidence of a terror plot and do not believe Greene was politically active. Gliedman was nine months pregnant when arrested, and was at a hospital yesterday after giving birth. ● METRO/DT

(HMTD), "a highly explosive substance used to manufacture bombs." The complaint also listed other chemicals used in the bomb-manufacturing process, a sawed-off shotgun and "numerous written items" with instructions for making bombs, including a stack of paper with a cover page reading "the terrorist encyclopedia." The NYPD said there were two shotguns, both 12-gauge, and seven grams of HMTD.

Each defendant is being charged with one count of criminal possession of a weapon in the first degree for the explosives and one count of criminal possession in the second degree for the firearm.



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News in brief

City sees record tourism in 2012

NEW YORK. Despite the havoc wrecked by Hurricane Sandy, tourism remains the city's fifth-largest industry, with 2012 seeing new all-time highs in visitors and revenue, Mayor Michael Bloomberg announced on Dec. 31.

Workers in the tourism industry make roughly \$7,000 more per year than the general local average, the mayor reported, and overseas visitors made up 33 percent of all visitors to the U.S., a steady increase from 28 percent in 2006. ● METRO/DT

Bronx fire kills three

BRONX. A massive fire in a three-story house in the Bronx resulted in the death of three individuals on New Year's Day.

Officers arrived on the scene around 5:42 a.m. and found a 48-year-old woman in front of the house with a broken ankle from jumping from a sec-

ond-floor window. She was taken to the hospital in stable condition, as were two others found alive inside the house, a 15-year-old girl and a 73-year-old woman. The three deceased were found inside the house as well, pronounced dead at the scene. Annetta Isaac, 71, lived on the second floor, and John Debro, 73, and Jahvonte Smith, 12, lived on the third floor. Police are investigating the cause of the fire. ● METRO/DT

Dead man takes ride on 5 train

BRONX. A 55-year-old man was found dead at the last stop on the 5 line, at Dyre Avenue, according to the Daily News.

The body, identified as Robert Dejesus, was found by transit workers late Saturday night. At first glance, the workers thought the man was just sleeping, but they soon realized he was not breathing. An autopsy carried out reportedly turned up no answers as to the cause of death. ● METRO/DT



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IN-STORE ONLY!

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	Ocean View \$549* Balcony \$649*	Ocean View \$949* Balcony \$1299*	Ocean View \$949* Balcony \$1499*	Ocean View \$1399* Balcony \$1699*
Royal Caribbean	7-Day Bahamas	7-Day Europe	10-Day Caribbean	10-Day Australia
Receive FREE Pre-Paid Gratuities plus up to \$100 Onboard Credit on select sailings	\$499*	\$549*	\$649*	\$787*
	Ocean View \$629* Balcony \$829*	Ocean View \$699* Balcony \$899*	Ocean View \$979* Balcony \$1369*	Ocean View \$998* Balcony \$1401*
Celestix	7-Day Alaska	7-Day Caribbean	7-Day Bermuda	11-Day Hawaii
Receive FREE Pre-Paid Gratuities plus up to \$100 Onboard Credit on select sailings	\$539*	\$549*	\$714*	\$944*
	Ocean View \$619* Balcony \$1194*	Ocean View \$599* Balcony \$694*	Ocean View \$844* Balcony \$1144*	Ocean View \$1244* Balcony \$1489*



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The MetroPCS Leaders and Scholars Program wants to reward New York area high school students who excel in the classroom and give back to their community. The program will award 16 semifinalists a \$2,500 scholarship to help with their education.

One special student will be awarded a total of \$10,000 in scholarship funding, plus a \$10,000 community grant to help **#makechange** in their community!

**Deadline for entries:
January 26, 2013**

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Deadline for applications is January 26, 2013. Selection of recipients and fulfillment of all scholarships are made by Scholarship Management Services. In no instance does any officer or employee of MetroPCS LLC play a part in the selection or distribution of scholarships. All applicants accept the decision as final. All applicants whose materials were processed will be notified March 1, 2013. Not all applicants will be selected as recipients. For specific eligibility criteria and detailed rules/regulations visit leadersandscholars.com. MetroPCS related trademarks are the exclusive properties of MetroPCS Wireless, Inc. Copyright ©2012 MetroPCS, Wireless Inc.



Boating Is an American Pastime

NMMA SURVEY*
OF 30,000
MEMBERS
of the Nation's Largest
Boat Owners Group,
Boat U.S., Found That:



>2/3

of respondents
said spending time
boating brings
the family closer
together.



72%

of respondents said
the boating lifestyle
helps maintain or
improve their health†



46%

of respondents
admitted that as
a boater, they
have more friends

* MAY, 2009. † The FDA has not evaluated this claim.



Boating is a vacation
close to home.

90% of Americans live
WITHIN AN HOUR'S
DRIVE of a navigable body
of water



Marine engine manufacturers have invested
BILLIONS OF \$\$\$ the past 20 years to develop
cleaner, more efficient engines that in 2011 REDUCE
EMISSIONS by 75%-90% and INCREASE FUEL
EFFICIENCY by more than 40%



THE RECREATIONAL MARINE INDUSTRY SUPPORTS MANDATORY BOATER EDUCATION.



77

PERCENT
of participants
boated as a child

CHILDHOOD
BOATING
experience is an
indicator as to
whether someone
will BOAT AS
AN ADULT.



6 OUT OF 10

FISHED WHILE
BOATING in 2011

FISHING IS
THE **no. 1**
ACTIVITY boaters
participated in
while boating.



Dive into the 2013 Progressive Insurance New York Boat Show with interactive fun on the water

Don't forget to bring your swimsuit to the boat show this year! The 2013 Progressive Insurance New York Boat Show will feature the 15,000-gallon heated DEMA "Be a Diver" pool, where water lovers 10 years and up will have a chance to learn two exciting sports: Scuba diving and stand-up paddling (SUP).

Even if you've never put on a face mask before, instructors like "Big Wave" Dave will be on hand in the morning to teach everyone the basics of scuba and give you a chance to try out new equipment. Jump in, get your picture taken underwater, and

If you go

SCUBA Pool Time

Tomorrow through Sunday, noon-6 p.m.

Paddlepalooza Pool

Time Tomorrow through Saturday, 6 p.m.-8 p.m.

learn how you and your family can scuba dive around the world — from local wrecks like Brooklyn's undersea railroad cars to the "diver's paradise" of Bonaire in the Dutch Antilles.

If you're hoping to burn off some calories at the boat show later on, look no further than Paddlepalooza and Downunder Paddling's evening stand-up paddling

classes, which will also take place at the "Be a Diver" pool. The CORfit paddleboard workout on the SurfSET surfing simulator will give your core a workout, and newcomers to SUP can learn the basics of the sport and test their balance without even getting wet.

Once you get started, it may be hard to stop. "We have an 82-year-old who does our CORfit program," says Kim Beaumont of Downunder Paddling, whose customers include a 64-year-old woman and reigning SUP champ who just started the sport a year ago. "You can start at any age; it's really achievable, and you can even be recognized as an elite paddler."

PHOTOS COURTESY OF THE PROGRESSIVE NEW YORK BOAT SHOW.



The 'Wake Brothers' will wow the crowd

PHOTOS COURTESY OF THE PROGRESSIVE NEW YORK BOAT SHOW.

Meet the brothers

Photos and autographs with Phil and Bob Soven:

- ▶ Friday, 1 p.m.-3 p.m. and 6 p.m.-8 p.m.
- ▶ Saturday, 11 a.m.-1 p.m. and 4 p.m.-6 p.m.



▶ Phil, left, and Bob Soven, stars of the MTV reality series "Wake Brothers," will appear at the Progressive Insurance New York Boat Show this weekend.



▶ Phil Soven

Looking for drama at the boat show? Professional wakeboarding brothers Phil and Bob Soven will discuss their gravity-defying skills on the water and their sibling rivalry on the small screen when they come to the 2013 Progressive Insurance New York Boat Show on Friday and Saturday.

The stars of the new MTV reality show "Wake Brothers" are barely into their 20s and have already achieved celebrity status after conquering the wakeboarding circuit in their early teens. Phil, 23, went pro at age 11 and Bob, 20, had five national wakeboarding titles and six world titles by age 15. They also have personality to spare, while the free-spirited Bob gives older brother



▶ Bob Soven

Phil a run for his money on the water. The combination of extreme sports action and brotherly dynamics makes the duo a perfect fit for MTV, where "Wake Brothers" debuted in July 2012.

Phil encourages peo-

ple to get out and try his favorite sport. "It's an extremely fun sport for all age and skill levels," he says. "A day on the boat with family and friends is hard to beat."

The brothers, who live in Florida, will be in New

York this weekend to sign autographs and discuss their achievements with boat-show visitors. Don't miss the chance to meet the brothers, hear about their rise to fame and ask them who they think the better wakeboarder is!

PHOTOS COURTESY OF THE PROGRESSIVE NEW YORK BOAT SHOW.



Activities for kids and families at the 2013 Progressive Insurance New York Boat Show

Looking for a novel way to keep your kids busy during the cold winter months? There is plenty of fun on display at the 2013 Progressive Insurance New York Boat Show, where children under the age of 15 get in for free.

Kids looking for action and hands-on fun will not be disappointed when they get behind a life-size helm in the Power Boat Docking Challenge, where they can guide a four-foot, twin engine remote-controlled power boat all by themselves. And if your child really needs to burn off some energy, he or she can dive in to the new DEMA "Be a Diver" 15,000-gallon heated pool, where kids 10 and older can learn to scuba



dive, get their pictures taken under water or try out a new fitness challenge, like stand-up paddling.

It's a sneaky way to fit in some exercise in the dead of winter – but don't tell your kids that. "They'll only do it if they're having fun," says Kim Beaumont, who owns Downunder Paddling in Connecticut and says that children as young as 8 years old are flocking to the sport and getting competitive. "It's phenomenal how strong they can be, how capable they are," Beaumont adds.

Perennial kid favorites like Dora the Explorer and the Miss GEICO Race Boat will be back at the boat show this year, while all-new special guests Phil and Bob Soven will reveal

Activities

for kids

- ▶ **Dora the Explorer** Saturday and Sunday, noon-4 p.m.
- ▶ **Kids Create a Boat/Toy Boat Building** Saturday and Sunday, all day

the gravity-defying feats they perform on their new MTV reality show "Wake Brothers." And don't forget to check out the Queen Bee, a real-life shipwreck that will amaze the whole family. With so many options for kids at this year's boat show, the only hard part will be getting them to go home.

Check out the latest in technology at the Progressive Insurance New York Boat Show

► Gadget gurus will discover the latest boating innovations and marine accessories that will help them make the most of their time on the water ► The gear experts at West Marine helped compiled a sneak peek of what show-goers can expect, from video cameras to chartplotters to paddleboard equipment

Get this gear

1 HERO3 Silver HD Video Camera, \$300

Smaller, lighter and Wi-Fi enabled, GoPro's new HERO3 Silver Edition HD Camera makes it even easier to capture and share your photos. Built-in Wi-Fi interacts with GoPro's free app, allowing you to use your smartphone or tablet as a live video remote to preview and play back footage.

2 Raymarine a67 Touchscreen Chartplotter

Combo US Charts, \$950

The new a67 brings full touch-screen simplicity to a multi-function display with Raymarine's intuitive LightHouse user interface. The 5.7-inch, 640 x 480 pixel display is LED-backlit, sunlight-viewable, optically bonded and carries an IPX7 submersible waterproof rating.

3 Lowrance HDS-9 Gen2 Touch Fishfinder/Chartplotter, \$2,450

The first touch-screen display created with

anglers in mind, it's even easy to use in rough conditions. Plus, SolarMAX enhancements allow superior sunlight and wider-angle viewing with touch-screen control. Includes built-in, four-channel sonar technology with StructureScan HD and DownScan Imaging.

4 Bali Inflatable Stand Up Paddleboard, \$600

This sleek, lightweight and fast Inflatable Stand Up Paddleboard (ISUP) is ideal for city dwellers, featuring Tri Fin Design (1 large

removable, 2 flexible). Includes four stainless tie-downs for securing gear, rear D-ring for optional leash attachment and center carry handle for transport.

5 JIMMY STYKS 11'4" Scout Stand-up Special Edition Paddleboard, \$1,000

The Scout Special Edition's hybrid design features a wide platform for increased stability and a contoured 5-inch nose and 3-inch tail rockers for flat water or surf. Includes adjustable paddle, leash, fin and bag.



PHOTOS COURTESY OF THE PROGRESSIVE NEW YORK BOAT SHOW.



Boat sales are recovering since 2011, expected to grow next year

Just as the boating industry was climbing out of the recession, boat owners and dealers faced more tragedy last year when Hurricane Sandy hit the East Coast, killing more than 100 people, damaging 65,000 boats and destroying marinas throughout the Northeast.

But despite the enormous challenges that now face the boating industry, boat owners are looking to rebuild, and sales of new boats have continued to climb. Starting with an important turnaround in mid-2011, the sale of small aluminum fishing boats and pontoons has speeded along the recovery of the industry. In 2012, new boat sales were up 10 percent, according to National Marine Manufacturers Association (NMMA) President Thom Dammrich.

That recovery is now beginning to broaden across all segments of watercraft with the exception of boats longer than 30 feet, says Dammrich. Meanwhile, the industry is estimating that sales will



+10%

Industry experts say boat sales will grow between 5 and 10 percent next year.

continue to grow between 5 and 10 percent next year, partly due to an uptick in sales as owners replace boats destroyed by Sandy. Dammrich says the real challenge will be rebuilding marinas so that boat

owners who want to get back on the water will have a place to do so.

One of the boat-show dealers says that her family-owned company was hit hard by the recession, but she's optimistic now that

business is improving. "I think people who've been sitting on the sidelines for a while are recognizing the new normal, and they want to enjoy life, go fishing, and spend time with their families," she says.

If you go



The 2013 Progressive Insurance New York Boat Show:

When

Tomorrow:
noon to 9 p.m.

Friday:
noon to 9 p.m.

Saturday:
10 a.m. to 9 p.m.

Sunday:
10 a.m. to 6 p.m.

Admission prices

Adults (16+): \$15

15 and younger:

FREE when accompanied by an adult

Location

Jacob K. Javits Convention Center
655 W. 34th St., Main entrance: 11th Avenue at 35th Street
212-216-2000

Meet the Queen Bee:

A great American shipwreck



► Rich St. Pierre, left, and Scott Douglas will tell the story of the Queen Bee at the boat show.

PHOTOS COURTESY OF THE PROGRESSIVE NEW YORK BOAT SHOW.

The “Queen Bee” may not be the newest boat at the 2013 Progressive Insurance New York Boat Show, but without a doubt, it’s the most impressive: The shipwrecked 26-foot boat built by Regulator Marine survived a three-year, unmanned, 35,000-nautical-mile journey before running aground in Spain early last year. Covered in barnacles and slightly worse for wear, the Queen Bee will be a star attraction of the boat show, along with its former owner, Scott Douglas.

Douglas and his brother-in-law were fishing off the coast of Nantucket in August 2008 when a rogue wave swept them overboard and forced them to swim for their lives. Fortunately, both men survived a grueling swim back to shore.

Douglas assumed the boat was lost, but last January, he learned that the Queen Bee was a sur-

Quoted

“This crazy boat wanted to go on an adventure, and she sure did.”

DOUGLAS

vivor, too. She had been found in Spain after floating up the Atlantic coast, crossing the ocean and surviving six Atlantic hurricanes. According to Regulator Marine President Joan Maxwell, the Queen Bee’s engines were still onboard and there was still a nickel in the glove compartment.

“This crazy boat wanted to go on an adventure, and she sure did,” Douglas says. After reuniting with his old boat last August, he’ll be at the boat show to greet onlookers and tell his story. Meanwhile, Douglas and his brother-in-law are still avid fishermen. “You gotta get back on the horse that threw you,” he says.

Have fun while learning new skills at the 2013 Progressive Insurance New York Boat Show



PHOTOS COURTESY OF GETTY IMAGES AND THE PROGRESSIVE NEW YORK BOAT SHOW.

Since it was launched in 1906, the New York Boat Show has been providing boat enthusiasts with the knowledge and skills they need to maintain and care for their watercraft. The 2013 Progressive Insurance New York Boat Show will carry on that tradition in a fun, hands-on format.

"The New York Boat Show has so much history—it's the oldest boat show in the U.S.," says Keith Ammons, who is best known in boat-show cir-

Courses at the Boat Show

► **Fred's Shed Interactive Education Schedule**
Tomorrow & Friday, 2 p.m.-6 p.m.; Saturday, 11 a.m.-7 p.m.; Sunday, 11 a.m.-3 p.m.

► **Fishing University**
Tomorrow and Friday, 6 p.m. & 7 p.m.; Saturday, 11 a.m.-2 p.m.; Sunday, 11 a.m.

► **Welcome To The Water Center**

Tomorrow through Sunday, 1 p.m.-8 p.m.; Monday, 11 a.m.-8 p.m.; Tuesday, 11 a.m.-4 p.m.
► **Free Education Sessions and Hands-on Demos Presented by Annapolis School of Seamanship**
Tomorrow & Friday, 1 p.m.-5 p.m.; Saturday, 3 p.m.-7 p.m.; Sunday, noon-4 p.m.

► **Pre-show Premier Workshops Presented by Annapolis School of Seamanship**
Friday through Sunday, 10 am

cles as "the Boating Guy." Ammons hosts the popular "Fred's Shed" educational seminar, which is designed like a talk show, with audience member participation, hands-on demonstrations and interviews with a certified marine service technician. "I ask all the stupid questions that other people are afraid to ask," Ammons says.

Ammons says there are plenty of other courses offered at this year's boat show, including fishing seminars and classes from

"Where else can you go in January in New York and walk inside and hear Jimmy Buffett?"

AMMONS

the Annapolis School of Seamanship. The classes will save boat owners money on repairs and maintenance, says Ammons, freeing up more time for fun on the water.

When he isn't hosting "Fred's Shed," Ammons

likes to explore the other educational opportunities at the boat show. This year, you'll find him in the DEMA "Be a Diver" heated pool learning to scuba dive, "just for the fun of it."

"Where else can you go in January in New York and walk inside and hear Jimmy Buffett?" Ammons asks. "Beach balls are there, you can do scuba diving. You get a great tropical, outdoorsy feeling in Manhattan in the middle of winter."

For more details, visit www.nyboatshow.com



Sour end to 2012 masks positive

Many Americans seem to be in a sour mood as 2013 begins, after Hurricane Sandy ravaged parts of the East Coast, a gunman massacred 20 school children in Connecticut and a long, contentious election campaign was followed by failure to resolve the "fiscal cliff" issue by year-end.

Americans have not been very optimistic since the Great Recession of 2008-2009, but the gloom had begun to lift this year

"I do think these events had some sort of effect on people's short-term prospects."

CLIFF YOUNG

until the blast of bad news as 2012 ended, IPSOS pollster Cliff Young said yesterday. IPSOS polling showed that some angst set in as the year ended.

Sixty-eight percent of

respondents said the economy was on the wrong track at the end of 2012, IPSOS said, and 64 percent had a negative opinion of national politics.

But the headlines of 2012 belie a number of positive underlying trends in America, and Young said he expects public opinion to turn more positive in the new year.

Here is a summary of some of the positive trends. **REUTERS**

College education

More than 30 percent of Americans 25 years of age or older have finished four years of

A bachelor's degree could yield \$1 million more in lifetime earnings, a Census Bureau study found.

college, the highest level since 1940. Another 26 percent of adults have completed one to three years of college, such as a community college,

according to Census Bureau data. The lifetime earnings of a person with a college associate's degree working from age 25 to 64 will be \$442,000 more than that of a high school graduate.

Teen pregnancy

8%

The number of births to girls ages 15 to 19 fell 8 percent in 2011 to a record low level. Teens seem to be less sexually active, and more of those who are active seem to be using birth control, the CDC said.

Consumer debt

While Americans are known as big spenders on credit, some surveys show that since the Great Recession of 2008-09, consumers are becoming more frugal. The average consumer with an account had credit card debt of \$5,371 in November 2012, down from \$6,503 the same month a year ago, according to consumer organization Credit Karma.



Average mortgage and auto debt also was down and even student loan debt inched lower in November. Spending has been more conservative in general over the last four years since the recession, Credit Karma said.

Charitable giving

Despite the uncertain economy, Americans continue to be generous to charities. Donations rose to \$298.4 billion in 2011, the highest since the Great Recession, although giv-

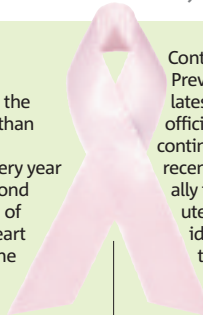
ing has not yet reached pre-recession levels. Giving by Americans increased 4 percent in 2011 compared with 2010, with individual donations accounting for nearly three-quarters of the total, according to the 57th annual report by the Giving USA Foundation and the Center on Philanthropy at Indiana University.



Cancer

Cancer claims the lives of more than half a million Americans every year and is the second leading cause of death after heart disease. But the numbers of deaths and people afflicted with the disease continue to decline, according to the Centers for Disease

Control and Prevention. While the latest data is for 2008, officials said the trend continued in more recent years. The federally funded CDC attributes the decline to identifying populations with unhealthy sedentary lifestyles and obesity, and intervening in a targeted way to improve their health and prevent cancer.



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trends in America

Air quality

In 2010, about 90 million tons of pollution were emitted into the atmosphere in the United States, according to the Environmental Protection Agency. But the good news is that pollution in the air we breath is down substantially in all categories. Carbon monoxide is down 82 percent,



lead down 90 percent, nitrogen down 52 percent and sulfur declined 76 percent.

Smoking

The number of Americans who smoke continues to gradually decline, to 19 percent of adults over 18 in 2011, the latest year for which statistics are available, from 19.3 percent in 2010. The news is even better for young adults: The rate of smoking among 18- to 24-year-olds dropped to 18.9 percent in 2011 from 24.4 percent in 2005.

4/5

The best trend of all is that four out of five teenagers do not smoke, and teen smoking has been on the decline since 2000, although the rate of decline has slowed.



Law enforcement deaths

Deaths of law enforcement officials in the line of duty fell by 23 percent in 2012 after two years of sharp increases. Some 127 federal, state and local officers were killed, with traffic accidents the top cause of death, followed by shootings. The National Law Enforcement Officers Memorial Fund at-

tributed the reduction to better safety for police such as use of bullet-proof vests.



Child obesity

After years of grim news about Americans getting fatter and sedentary, the first signs of hope emerged this year. The CDC said new data showed a "modest" decline in child obesity in recent years. Two possible reasons — higher rates of breastfeeding and rising awareness of the importance of physical activity among young kids.

<15%

A CDC study found 13 percent of preschoolers surveyed were obese in 1998, growing to 15 percent in 2003, but again falling below 15 percent by 2010, the most recent study year.



Trash

Americans generated about 250 million tons of trash in 2010, most of which fouls the environment or goes into landfills. We may be starting to reform our wasteful ways, according to data from the EPA. The amount of waste generated per person per day had declined to 4.43 pounds by 2010 from 4.67 pounds five years earlier, according to the EPA. Another positive trend is that recycling is increasing. Of the 250 million tons of trash produced in 2010, more than 85 million tons or 34.1 percent was recycled or composted.



Drinking and driving

The incidence of Americans driving after drinking too much has declined by 30 percent over the past five years, although it remains a serious problem. Four-in-five drunk drivers are men and especially men from ages 21 to 34. The best news is that drinking and driving among teenagers has fallen 54 percent since 1991. Only about 10 percent of teens ages 16 years or older had driven after drinking in 2011, compared with more than 20 percent two decades ago. Reasons for this success include a minimum drinking age of 21 in all states, zero tolerance laws, graduated driver's-license systems and better parental monitoring, according to the CDC.

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STEPHEN KUPERBERG, MD '09
Internal Medicine Physician



Timing and outcome uncertain as 'fiscal cliff' moves to House

Washington's last-minute scramble to step back from a recession-inducing "fiscal cliff" shifted to the Republican-controlled House of Representatives yesterday after the Senate approved a bipartisan deal to avoid steep tax hikes and spending cuts.

In a rare late-night show of unity, the Senate voted 89 to 8 to raise some taxes on the wealthy while keeping income taxes low on more moderate earners.

The bill's prospects were less certain in the House, where a vote had not yet been scheduled.

Republicans, unhappy that the bill contained more than \$600 billion in tax increases but only around \$12 billion in spending cuts, said they might change it more to their liking and send it back to the Senate. Party leaders planned to take the temperature of rank-and-file lawmakers over the af-



► Speaker of the House John Boehner, left, arrives for the House Republican Conference meeting on the "fiscal cliff" legislation.

Quoted

"My recommendation would be not to take a package put together by a bunch of sleep-deprived octogenarians on New Year's Eve."

REP. STEVE LATOURETTE, R-OHIO

ternoon before deciding on a course of action.

"My recommendation would be not to take a package put together by a bunch of sleep-deprived octogenarians on New Year's Eve," said Rep. Steve LaTourette, a moderate Republican from Ohio who is a close ally of House Speaker John Boehner.

Republicans could face a backlash if they scuttle the deal. Income tax rates technically rose back to

1990s levels for all Americans at midnight, and public opinion polls show Republicans would shoulder the blame if Congress fails to act.

Many conservative Republicans have rejected tax increases on any Americans, no matter how wealthy. Some liberal Democrats also were upset with the complex deal, which they thought gave away too much.

Lingering uncertainty over U.S. tax and spending policy has unnerved investors and depressed business activity for months, and lawmakers had hoped to reach a deal before yesterday, when a broad range of automatic tax increases and spending cuts would begin to punch a \$600 billion hole in the economy.

With financial markets closed for the New Year's Day holiday, lawmakers have one more day to close the deal. **REUTERS**



Senate report: 'Grievous mistake' made in Benghazi

The State Department made a "grievous mistake" in keeping the U.S. mission in Benghazi open despite inadequate security and increasingly alarming threat assessments in the weeks before a deadly attack by militants, a Senate committee said.

A report from the Senate Homeland Security Committee on the Sept. 11 attacks on the U.S. mission and a nearby CIA annex faulted intelligence agencies for not focusing tightly enough on Libyan extremists. It also faulted the State Department for waiting for

specific warnings instead of improving security.

The committee's assessment, "Flashing Red: A Special Report On The Terrorist Attack At Benghazi," follows a scathing report by an independent State Department accountability review board that resulted in a top security official resigning and three others at the department being relieved of their duties.

The report recommended that U.S. intelligence agencies "broaden and deepen their focus in Libya and beyond, on nascent violent Islamist extremist groups in the region that lack strong operational ties to core al Qaeda or its main affiliate groups."

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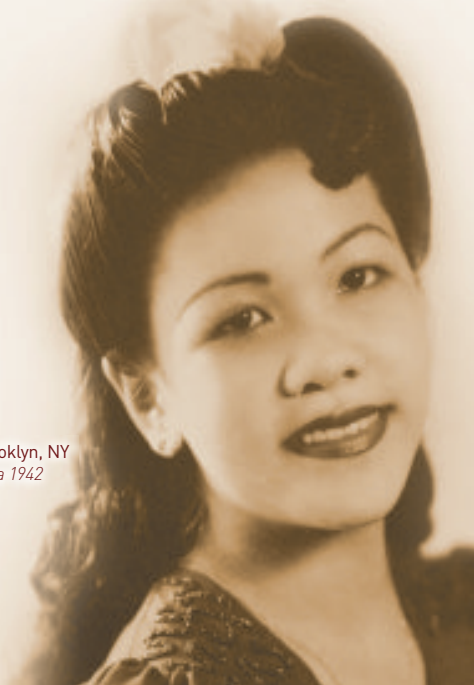
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AG: Newtown suit misguided

► Claim filed against state of Conn. over Newtown shooting
► Public policy other option

A \$100 million claim filed against the state of Connecticut in the wake of a school shooting that left 20 children and six adults dead is misguided, Connecticut's attorney general said.

Last week, a New Haven-based attorney filed an intention to sue the state on behalf of a 6-year-old survivor of the Dec. 14 attack — the second deadliest school shooting in U.S. history.

"Our hearts go out to this family, and to all the

children and families affected by the Newtown shootings," Attorney General George Jepsen said in a statement. "They deserve a thoughtful and deliberate examination of the causes of this tragedy and of the appropriate public policy responses."

A public policy response by the U.S. Congress and the Connecticut state Legislature would be "more appropriate" than legal action, said a spokeswoman for Jepsen. **REUTERS**



► A woman reads a memorial to the students and staff killed in Newtown two weeks ago.



Dozens killed in Ivory Coast stampede

At least 61 people were crushed to death in a stampede after a New Year's Eve fireworks display at a stadium in Ivory Coast's main city Abidjan early yesterday, officials said.

Witnesses said police had tried to control crowds around the Felix Houphouet-Boigny Stadium following the celebrations, triggering a panic in which scores were trampled.

"The estimate we can give right now is 49 people hospitalized ... and 61 people dead," said the

chief of staff of Abidjan's fire department Issa Sacko.

Crying women searched for missing family members outside the stadium. The area was covered in patches of dried blood and abandoned shoes.

"My two children came here yesterday. I told them not to come, but they didn't listen. They came when I was sleeping. What will I do?" said Assetou Toure, a cleaner.

President Alassane Ouattara called the deaths a national tragedy and said an investigation was under way to find out what happened. **REUTERS**

In the news

Two hours a day spent on apps

Angry Birds, Instagram and Facebook continued to be among the most downloaded apps of the

year, but rising stars also earned coveted spots on smartphones and tablets.

This year consumers spent on average two hours each day using mobile applications, an increase of 35 percent over

last year, according to analytics firm Flurry. The number is expected to continue growing in 2013.

"2012 was a transformative tipping point in the way consumers use apps," said

Craig Palli, a vice president at mobile marketing company Fiksu, adding that the biggest shift is in consumers' eagerness to turn to apps for a broad range of day-to-day tasks.

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Analysis

US arms sales to Asia expected to increase

U.S. sales of warplanes, anti-missile systems and other costly weapons to China's and North Korea's neighbors appear set for significant growth amid regional security jitters.

Strengthening treaty allies and other security partners is central to the White House's "pivot" toward a Pacific region jolted by maritime territorial disputes and nuclear programs.

The pivot "will result in growing opportunities for our industry to help equip

our friends," said Fred Downey, vice president for national security at the Aerospace Industries Association.

Demand for big-ticket U.S. weapons is expected to stay strong for at least the next few years, the trade group said in a 2012 year-end review and forecast released in December.

Fears resulting from China's growing military spending should lead to enough U.S. sales in South and East Asia to more than offset a slowdown in European arms-buying, according to the forecast.

The Pentagon's Defense Security Cooperation Agency, in response to a Reuters request, said sales agreements with countries in the U.S. Pacific Command's area of activity rose to \$13.7 billion in fiscal 2012, up 5.4 percent from 2011.

In 2012 there were about 65 notifications to Congress of proposed government-brokered foreign military sales with a combined potential value of more than \$63 billion.

REUTERS

\$13.7B

Amount of U.S. sales of weapons to countries in the U.S. Pacific Commands area of activity in fiscal year 2012

N. Korean leader seeks end to confrontation with South

In a surprise New Year's speech broadcast on state media, North Korean leader Kim Jong-un called for an end to confrontation between the two Koreas, technically still at war in the absence of a peace treaty to end their 1950-53 conflict.

The address by Kim, who took over power in the reclusive state after his father, Kim Jong-il, died in 2011, appeared to take the place of the policy-setting New Year's editorial published in leading state newspapers.

But North Korea has offered olive branches before, and Kim's speech does not necessarily signify a change in tact from a country that vilifies the United States and U.S. ally South Korea every chance it gets.

Impoverished North Korea raised tensions in the region by launching a long-range rocket in



► North Korean leader Kim Jong-un, right, addressed the nation in a surprise New Year's speech.

December that it said was aimed at putting a scientific satellite in orbit, drawing international condemnation.

North Korea, which considers North and South as one country, the Democratic People's Republic of Korea, is banned from testing missile or nuclear technology under U.N. sanctions imposed after its 2006 and 2009 nuclear weapons tests.

"An important issue in

putting an end to the division of the country and achieving its reunification is to remove confrontation between the north and the south," Kim said in the address that appeared to be prerecorded and was made at an undisclosed location.

"The past records of inter-Korean relations show that confrontation between fellow countrymen leads to nothing but war."

The New Year's address was the first in 19 years by a North Korean leader after

Quoted

"The past records of inter-Korean relations show that confrontation between fellow countrymen leads to nothing but war."

KIM JONG-UN

the death of Kim Il-sung, "[Kim's statement] apparently contains a message that he has an intention to dispel the current face-off (between the two Koreas)," said Kim Tae-woo, a North Korea expert at the state-funded Korea Institute for National Unification.

"But such a move does not necessarily mean any substantive change in the North Korean regime's policy towards the South."

REUTERS

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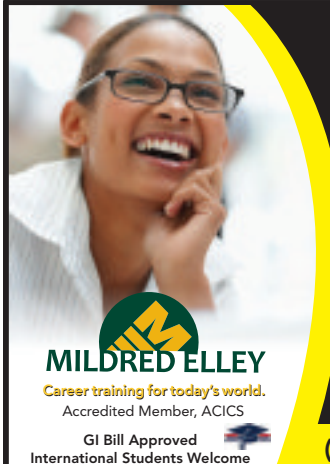
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THE WORD



Dorothy Robinson's take on the world of gossip [@dorothyatmetro](#) dorothy.robinson@metro.us

New Year's resolutions we wish some stars would aim for



Katy Perry:
"I will stop dating bad boys with stringy black hair."



Lindsay Lohan:
"I will try to make my probation officer's 2013 as painless as possible."



Ryan Reynolds:
"I'm going to stay married to this blonde."



Psy:
"I will not make a 'serious' album. Not yet, at least."



Jessica Simpson:
"I will show love for my fiancé in ways that do not result in piles of babies."

Suri Cruise:
"I will start dressing like a normal 6-year-old so that grown women don't fall into a pit of despair when they see me in the tabloids."



Mario Lopez:
"I will remove at least one tanning bed from my house."



Kristin Stewart:
"I will smile."

Prince Harry:
"I will try to have even more fun in 2013."



Tori Spelling:
"No more back-to-back babies for a while."



Rebel Wilson:
"I will try to be in every movie in 2013."



Lana Del Rey:
"I will learn to sing."



Rihanna:
"I will stop dating Chris Brown once and for all."



The feed ...

Twitter accounts we wish would come back in 2013

These stars left Twitter — some for good reasons, some for bad — in 2012.

@adele

The singer left Twitter after receiving death threats about her newborn son from Twitter trolls. It would be great for her to come back so we can show her that humanity isn't awful.

@KanyeWest

When West posted "BE BACK SOON" in October and all of his tweets became hidden, we were worried we had lost the singer's epic feed, which gave us such gems as "Sometimes I get emotional over fonts." Luckily, he's back, tweeting "HAPPY HOLIDAYS" last week.

@CharlieSheen

After he accidentally tweeted his phone number in an attempt to contact Justin Bieber (haha), Sheen deleted his account. This is the dude whose account made a Guinness World Record. Come back and remind us what all the fuss was about, Sheen.

@AlecBaldwin

This is the second time Baldwin has quit Twitter. I yearn for a third.

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Matt Damon talks 'all-consuming' 'Promised Land'

► The accomplished actor, producer and writer explains why firing himself as director was the best decision he made for his latest project

Already an accomplished actor and an Oscar-winning screenwriter, Matt Damon was set to make "Promised Land" his directorial debut. Damon co-wrote the film with co-star John Krasinski, and he also serves as a producer. So maybe directing was one job title too many. "John and I joke that my best contribution as a producer was firing myself," Damon says with a laugh.

Instead, producer Matt Damon hired his "Good Will Hunting" and "Gerry" boss, Gus Van Sant, to direct actor Matt Damon in the film. "I would've liked to have done it, but I love working with Gus," he says. "I learned more this time because I had prepared it as a director, and so I saw all the things that he did that I was going to do, and then there were things that he did that I hadn't thought of."

Which isn't to say that Van Sant changed the vision for the film, which is about a natural gas huckster (Damon) suffering a



► Damon's "Promised Land" is in theaters now.

FOCUS FEATURES

Quoted

"John [Krasinski] and I joke that my best contribution as a producer was firing myself."

DAMON

crisis of conscience during a visit to a small town. "It is the full expression of this screenplay that we wrote. It is exactly what we wanted," Damon insists.

Aside from getting the

chance to collaborate with Van Sant again, Damon had motivations closer to home to keep him out of the director's chair. After his last movie kept him away from his family "longer than they or I was comfortable with," the decision was easy. "I just said I can't," he recalls. "It's just too much. And so that was really why I bowed out."

That still leaves a directorial debut in Damon's future. "You got a project?" he asks, chuckling again. Damon finds himself where he was at the beginning of the "Promised Land" process, looking for the right sized film to take on. "Just a little movie about people. Like Ben did it with 'Gone Baby Gone,'" he says. "You don't want to take on too much the first time you do it. It's an all-consuming job. Somebody like Gus makes it look easy because they've been doing it for so long, but it's really all-consuming."



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Green Day to get back on road this spring

GETTY IMAGES



► In November, Green Day moved up the release date of the album "¡Tré!" to Dec. 11 from its original date of Jan. 15, in part to make up for the canceled and postponed dates.

The members of Green Day said on Monday they will return to the road in March after the punk-rock band canceled its fall club tour and postponed later dates as frontman Billie Joe Armstrong underwent treatment for substance abuse.

"We want to thank everyone for hanging in with us for the last few months," the band members said in a statement on their website. "We are very excited to hit the road and see all of you again, though we regret having to cancel more shows."

Armstrong, lead singer and guitarist for the Grammy-winning rock band, sought substance abuse treatment in September following an angry, guitar-smashing onstage outburst in Las Vegas. The details of his addiction were never specified.

Armstrong, 40, added to the website posting with a note on Instagram, saying:

"Dear friends ... I just want to thank you all for the love and support you've shown for the past few months. Believe me, it hasn't gone unnoticed and I'm eternally grateful to have such an amazing set of friends and family."

"I'm getting better every day," he said. "So now, without further ado, the show must go on. We can't wait to get on the road and live out loud! Our passion has only grown stronger."

The tour will begin in Chicago on March 28, with dates in Pittsburgh, New York, Toronto and other cities up through April 12

Quoted

"I'm getting better every day. So now, without further ado, the show must go on. We can't wait to get on the road and live out loud!" ARMSTRONG

in Quebec City.

The band said it would announce additional West Coast dates in early 2013.

Tickets for the postponed shows will be honored at the new dates, Green Day said. Tickets for canceled shows will be refunded at the point of purchase. **REUTERS**

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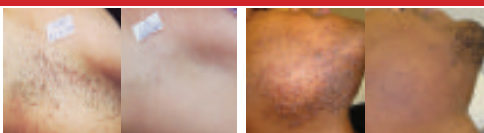
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A yearly checkup: The manly thing to do

► Guys: We know some of you don't like seeing your doc annually ► But it could save your life ► Avoid making an appointment only when you're not feeling well ► Prevention is the key

According to a study conducted by the Men's Health Network, 52 percent of men say they usually see a doctor only when something needs to be fixed. Indeed, the majority of men in the survey reported that they only sought doctor's help if they were in prolonged, severe pain.

"In general, men are genetically programmed like this," says Dr. Steven Lamm, an internal medicine doctor at New York University School of Medicine. "They feel compromised in a doctor's office. Men don't feel comfortable."

Men, apparently, prefer to be strong and silent when it comes to health issues.

"Men are in denial," Dr. Lamm adds. "A lot of them feel vulnerable if they go to the doctor."

Men's biggest health risks

The men's health awareness initiative, Drive for Five, pinpoints the five biggest health risks for men, which are high cholesterol, high blood pressure, high blood sugar, high PSA (prostate-specific antigen, an indicator of prostate cancer) and low testosterone. Dr. Lamm is

a spokesperson for the cause. "Men need to establish a relationship with a doctor and target issues," he says. "In their 20s, it's blood pressure and cholesterol. In their 30s, they need to be aware of prostate health. Start a discussion with your doctor, be prepared and take control." For more info, visit www.driveforfive.com.

Quoted

"Prevention doesn't mean early diagnosis. Prevention is prevention, and that's where we want to be."

DR. LAMM

They feel like they might be told that they have to make changes they might not want." That might involve swapping out greasy foods or easing up on alcohol.

"Men need to get into the habit of annual physicals," he continues. "Doctors need to coach rather than dictate. Men are dying unnecessarily of

diseases like cancer and heart disease, and they have substance abuse problems that they don't need to have. Men need to learn that going to the doctor is a wholly positive experience."

It's mainly younger men who haven't experienced major health issues who don't schedule regular doctor's visits. But because the major diseases have a gestation period of years, even as long as 20 to 30 years for cancer and heart disease, waiting until there's a problem is the wrong prescription.

"Prevention doesn't mean early diagnosis," says Dr. Lamm. "Prevention is prevention, and that's where we want to be."

 **Linda Clarke**
letters@metro.us



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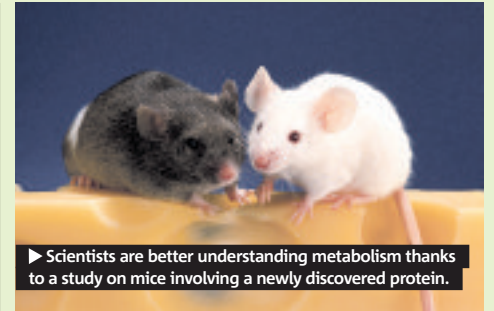
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Study subjects: Mice
Location of study: U.S.
Results: Proceedings of the National Academy of Sciences states that a newly discovered protein helps reset your body's so-called "food clock" after a change in eating habits, such as those during the holidays or after switching



► Scientists are better understanding metabolism thanks to a study on mice involving a newly discovered protein.

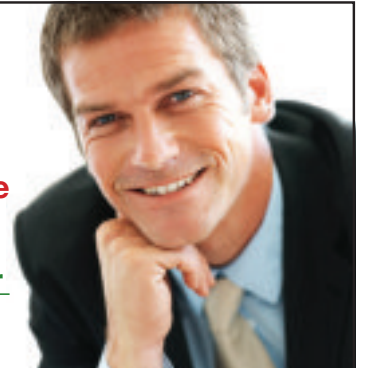
time zones. Named PKCγ, this protein is involved in regulating metabolism. **Significance:** Eating at different times throws off the body's metabolism and may result in weight gain.

So far, the study results have been theoretical, but they do help us further understand metabolism, particularly among night-shift workers and jet-lagged travelers. ● LINDA CLARKE



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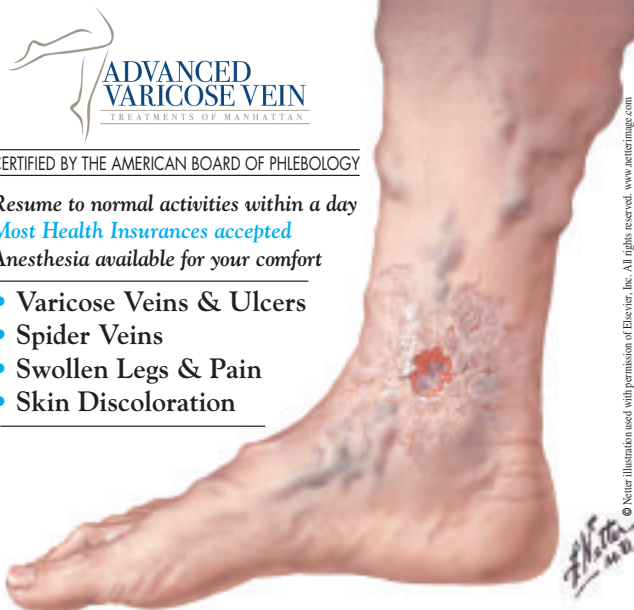
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Horoscope

♈ Sagittarius Nov. 23-Dec. 21. An important situation, whose slowness to develop has caused you considerable concern, could suddenly start to turn in a favorable direction.

♊ Capricorn Dec. 22-Jan. 19. An individual you're about to meet will play a significant role in your plans. The two of you will have an instant rapport and should be quite successful together.

♋ Aquarius Jan. 20-Feb. 19. You are about to enter a profitable cycle for ideas. Chances are, you will conceive something that will be quite ingenious and which could make ample amounts of money.

♌ Pisces Feb. 20-March 20. Try to keep your day as loosely structured as possible, be-

cause something spontaneous could develop in which you'll want to participate. It will have a lot of potential for success.

♍ Aries March 21-April 19. Utilize your gift of being able to sense a problem before it occurs. It'll not only help you avoid a tight spot, but will keep you one step ahead of any other problems.

♎ Taurus April 20-May 20. A willingness to adapt is your best asset, which will help you fit comfortably into almost any group or situation you encounter. You'll be a welcome addition to any venture.

♏ Gemini May 21-June 20. You have a strong desire to be first in everything, which is all the motivation you'll need to stand out from the pack. Your competitive spirit should bolster your performance.

♐ Cancer June 21-July 22. Try to break away from your usual routine and engage in something different. Experiment with activities that bring you in contact with people who'll stimulate you.

♑ Leo July 23-Aug. 22. Your greatest asset is likely to be an ability to solve almost any problem you encounter. In situations where others see no solution, you'll come up with several ingenious fixes.

♒ Virgo Aug. 23-Sept. 22. You'll function best as one of the troop instead of as a self-appointed chief. Show others how to be an exemplary team player, and you'll come out ahead.

♓ Libra Sept. 23-Oct. 23. Something you possess, which could be knowledge, a product or a method, will be of more value to others than it is

to you. You'll find a great market waiting for it.

♈ Scorpio Oct. 24-Nov. 22. This could be the perfect day for you to get together with two individuals who can help you further an ambition. Present your proposal with enthusiasm, and don't leave anything out.

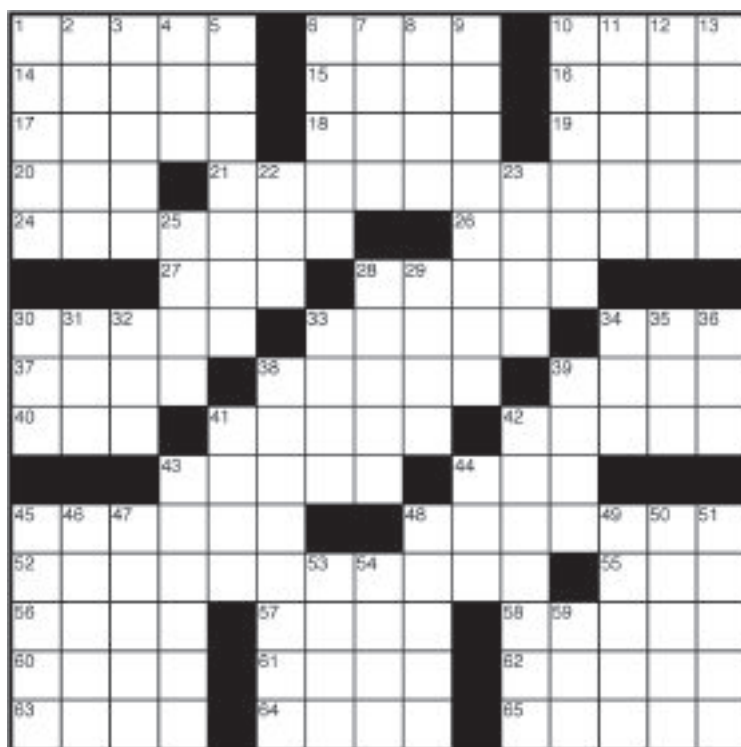
BERNICE BEDE OSOL

Solution to Dec. 27's crossword



Across

- 1 Very selective eater
- 6 Lintel companion
- 10 Dinner and a movie
- 14 Toughen up
- 15 "Gotcha" (2 wds.)
- 16 Runner — Zatopek
- 17 Farewell
- 18 Thick head of hair
- 19 "La Boheme" heroine
- 20 Part of UCLA
- 21 Latin adage (2 wds.)
- 24 Rely on (2 wds.)
- 26 Harsh speech
- 27 Truck front
- 28 Cactus defense
- 30 It merged with Exxon
- 33 Solo
- 34 Car grill cover
- 37 Prod
- 38 Informal usage
- 39 Liverpool poky
- 40 Speed meas.
- 41 Brindled house pet
- 42 Middle East denizens
- 43 Cougars
- 44 Kind of agent
- 45 Disco flasher
- 48 Unbending
- 52 Tex-Mex snacks
- 55 Cary's frequent co-star
- 56 Bear constellation
- 57 Revise
- 58 Throw
- 60 Scholarly notation
- 61 Puppy-chow brand
- 62 Hawke of "Gattaca"
- 63 Lisbon lady
- 64 Minus
- 65 Playthings



Down

- 1 Perfume bottles
- 2 Finance
- 3 Semblance
- 4 "— you sure?"
- 5 Not taking sides
- 6 Pry open
- 7 PDQ
- 8 Option listing
- 9 Insect mishap (2 wds.)
- 10 Coy
- 11 Pablo's girl
- 12 Shy
- 13 Upper-crust
- 22 Recede
- 23 Penalty
- 25 Sour-tasting
- 28 Cement sections
- 29 Polo need
- 30 "Ben-Hur" studio
- 31 Alley from Moo
- 32 Scrooge's oath
- 33 Edmonton prov.
- 34 Cote murmur
- 35 Stick up
- 36 Hirt and Pacino
- 38 Nothing different (2 wds.)
- 39 Cheerless
- 41 Brass instrument
- 42 Flustered
- 43 Mexican Christmas celebration
- 44 Rx monitor
- 45 Ink producer
- 46 Powerful engine
- 47 Tree exudation
- 48 Choral section
- 49 "— and the Night Visitors"
- 50 Type of blockade
- 51 New drivers, mostly
- 53 Unfounded, as rumors
- 54 Cosmetic target
- 59 Ike's command

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Letters to the editor

A penny saved is a penny earned

Both President Obama and Congress remind me of the old cartoon character Wimpy who said, "I'll gladly pay you Tuesday for a hamburger today." There are thousands of employees who are familiar with the details of our federal budget. How difficult can it be to find \$24 billion in savings out of a \$3.7 trillion budget rather than delay this sequestration two more months? This proposed cut would have represented less than 1 percent of the budget or a penny on the dollar. Millions of Americans cut far more out of their household budgets monthly to make ends meet. Past budget promises, to reduce future growth in spending, on a bipartisan basis are not real cuts today. The next generation of presidents and Congress will have no incentive to honor these commitments. They will be too focused on winning their elections.

The president and Congress have forgotten the old saying — a penny saved is a penny earned. It appears that we need new incentives

for the president and Congress to do their jobs on time. If they were docked a day's pay for each day a complete balanced budget was not adopted on time, perhaps the results would be different.

LARRY PENNER, VIA E-MAIL

We'll all end up paying for subway pusher

The woman who pushed Sunando Sen onto the train tracks started laughing maniacally when she was charged at her arraignment. I'm sure we're all looking forward to paying for her food, drinks, cable TV, clothing and court-appointed attorney. And then doing it all over again when her attorney files an appeal. After all, it's not like she confessed or was identified on video (by her own brother) fleeing the scene. Wait, she did, and she was? Well in that case, why is she still using up our oxygen?

ROBERT LA ROSA, VIA EMAIL

"We've just had another school shooting. It's time to arm the teachers to protect our children."

JIM ALVIN, VIA E-MAIL

SUDOKU: EASY

	2		3	7			5	6
		8	4					
	7			6	8		9	
	8			5	7			1
				4				
5			1	8			7	
	6		7	9			8	
					5	4		
9	4			1	2		3	

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

3

Jets players feel media circus led to losses, GM ax

► Attention-hungry team falls victim to gossip
► Revis: Need to 'keep the locker room positive'

The constant attention around the media-loving Jets may have been their undoing this season, say several players on the team.

From their trade for high-profile quarterback Tim Tebow to a head coach with a penchant for outlandish statements, New York's second football team is always grabbing headlines for the wrong reason. Following a 6-10 season, the bright lights of the media that team ownership desperately craves may be why the team is headed to the golf course while General Manager



► Tannebaum, center, was fired by owner Woody Johnson, right, while Rex Ryan, left, will be on the hot seat in 2013.

Mike Tannebaum was fired.

"Perception is reality, and what other people view of you is maybe different than what you think of yourself," wide receiver Chaz Schilens said Monday as the team cleaned out their lockers. "Good or bad, [it's] something to learn from."

Playing in the league's largest media market, the scrutiny shouldn't be a surprise.

"I don't really think it

was a circus. When Tim [Tebow] came, everything exploded to more media. That's OK. Everybody has media in every locker room," cornerback Darrelle Revis said. "I think for us as a team, it's not falling into those distractions and traps. We try to do the best we can, try to keep the locker room positive."



KRISTIAN DYER
sports@metro.us

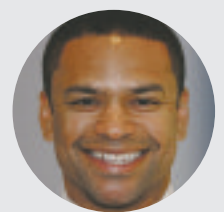
Jets GM candidates



Tom Gamble, 49ers, director of player personnel

Jets fans probably shouldn't get their hopes up for Gamble.

He is being interviewed by the Jets, but he's also set to talk to the Jaguars and will be getting more requests soon. He worked with Bill Polian on the Colts for many years and has spent the last seven building the Niners with stars like Patrick Willis.



Marc Ross, Giants, director of college scouting

Along with Gamble, Ross is one of the top two targets for Woody Johnson.

The Jets have already set up an interview with Ross, who has been working with the Giants since 2007. He's a Princeton grad, worked with the Eagles and is Jerry Reese's top man. He's responsible for drafting Jason Pierre-Paul and Hakeem Nicks.



Jerry Angelo, former Bears general manager
Angelo is a veteran talent evaluator, as opposed to being on the rise like Gamble or Ross.

He was fired by the Bears last season, but put together the current parts of the team, including trading for Jay Cutler and signing Julius Peppers. He worked for the Bucs from 1987 to 2000 and built the defensive juggernaut that won Super Bowl XXXVII.



Joey Clinkscales, Raiders, director of pro personnel

Clinkscales would be a pseudo in-house candidate, having left the organization prior to 2012 to join the Raiders.

That means every complaint fans have about recent drafts lies partly with him. But with Rex Ryan staying on-board, Johnson might want to stick with a guy he knows already.

● MARK OSBORNE

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at home with metro

Bring the drama

- Art Deco makes a comeback
- Say bye to all that chocolate brown you've been decorating with for the past few years
- Luxe black and gold are a big decor trend for 2013

Talk to any old-school interior designer and they'll share the same rule: Every room needs a bit of black. The edgy shade sharpens up a bland space and adds a touch of sophistication to any room. And it mingles especially well with gold. One color brings the drama and the other adds elegance.

Karl Lohnes
letters@metro.us

Timeless picks

- **Good classic black items:** Dining tables, interior doors, mantels, lampshades
- **Good classic gold items:** Metal lamps, flatware, wallpaper, side tables



Ikea Angenam bowl, \$20
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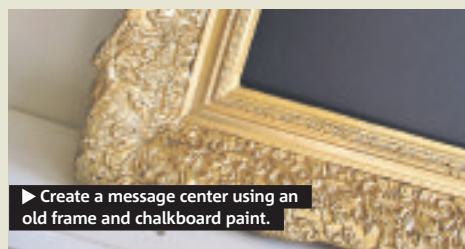


► Black floors, door frames and bookcases create a dramatic statement in this room by Ralph Lauren Home.

WWW.RALPHLAURENHOMECOM

Upcycle to stay on trend in '13

One simple way to bring this trend into your home is to buy a gilt frame at a thrift store. Insert a piece of thin board painted with black chalkboard paint. Hang it anywhere you need a message board.



► Create a message center using an old frame and chalkboard paint.



Tip

Don't overdo it
Maintain balance with the black-and-gold combination. To achieve a modern look, use 70 percent black and 30 percent gold; in a more traditional setting, try using the reverse.

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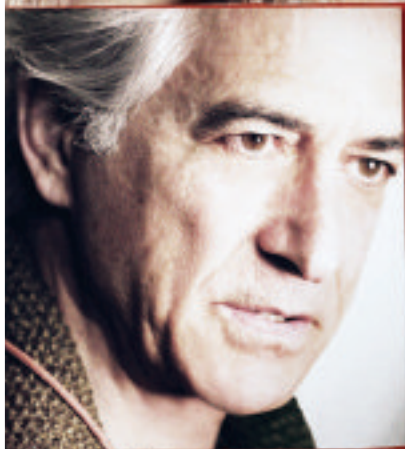
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